



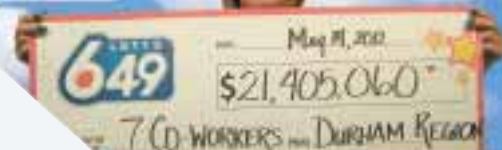
POWER SURGE

HAVING THE BEST POWER PLAY DOES NOT GUARANTEE A STANLEY CUP, BUT IT'S ONE AREA THE L.A. KINGS ARE HOPING TO IMPROVE

PAGE 17



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GREAT OUTDOORS

Could this happen on Dundas Street? Proponents of a sidewalk-café pilot program say something similar to this patio scene, from Old South Village Pub on Wortley Road, could play out at some downtown restaurants this summer if the program is approved during Tuesday's city council meeting. If the pilot is successful, the program could go citywide in 2013, officials have said. Story, page 2. ANGELA MULLINS/METRO

'He's really going to be missed'

Hit-and-run.

Memorial scholarship to be named for dead student

JULIAN UZIELLI

london@metronews.ca

The family of a Western student killed in a hit-and-run on Saturday will work with his fraternity to set up a memorial scholarship.

Justin Faiola, president of Lambda Chi Alpha, said when the fraternity offered to make a charitable donation in Josh Switzer's memory to the family, they opted instead to create the scholarship.

"Lambda Chi as an institution and all the brothers of Lambda Chi were a big part of Josh's life, so (his family) said they want to help the young-adult university male who is dedicated and who is striving to be successful in life, just like Josh was," Faiola said.

The details and the amount have yet to be worked out, but the scholarship will be awarded each year to the fraternity

brother who most embodies Switzer's qualities and commitment to the organization.

Switzer, 22, was a London native and a year away from finishing a business degree. He was killed early Saturday morning at the intersection of Fanshawe Park Road East and Highbury Avenue.

Faiola described Switzer as a kind, caring person who loved to work out and was always there for his friends.

"He always knew how to put a smile on all

the guys' faces even when we were dealing with some tough issues," Faiola said. "He had a great sense of humour — a very good-hearted individual. He's really going to be missed."

The investigation into the hit-and-run is ongoing. Police are searching for a vehicle that has extensive front-end damage. Anyone with any information is asked to call police at 519-661-5670 or Crime Stoppers at 1-800-222-8477.



Josh Switzer
CONTRIBUTED

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Homing in on the core

City rejuvenation.
Breathing new life into
downtown on council
to-do list



ANGELA
MULLINS

angela.mullins@metronews.ca

City politicians could take some of the first steps Tuesday to creating a new look for Dundas Street.

Two key initiatives — a sidewalk café pilot program and a \$100,000 study to set a timeline for a Dundas overhaul — are up for final votes at council's 5 p.m. meeting at city hall. Combined, the projects are expected to up the ante on years of talks about revitalizing the city's core.

Coun. Judy Bryant, whose ward includes downtown, considers both concrete steps in the right direction.

The sidewalk cafés alone would be a big boost, she said,

giving people a taste of what's to come when the full plan for downtown comes to fruition.

"It makes the street more lively, more viable (and) gets more eyes on the street," Bryant said. "It makes it more of a people place."

Pitched by Downtown London with support from city staff, the café program would allow up to 10 businesses to turn parking spaces into patios this summer. The effort is aimed at giving restaurants along portions of Dundas,

Carling and Talbot streets a chance to offer outdoor dining.

The pilot is considered a work-around solution to a city bylaw that prevents most businesses from opening patios because they take up too much sidewalk space. City staff plan to monitor the project and use results to recommend patio design standards this fall.

Follow Angela Mullins on
Twitter @MetroAngela



Council highlights

Also on Tuesday's agenda:

- Final vote on a new by-law giving police authority to disband nuisance parties.
- Officials have said such an ordinance could have prevented the St. Patrick's Day riot on Fleming Drive.

NEWS

On the web

Cheese producers suffer after Italy quake

Italian cheese producer Oriano Caretti woke up to shaking earth and then to the roar of some 30,000 wheels of Parmesan cheese crashing to the ground in the warehouse next to his home. The weekend earthquake in northern Italy caused enormous damage to the region's cheese industry. See video of the damage at metronews.ca

Kid gets thrown in with the laundry

Turns out auto-lock on laundry machines really does work. A couple learned this the hard way after putting their toddler into a laundromat washing machine and shutting the kid inside (the child is now safely out of the machine). Watch the tape at metronews.ca.

Mobile news



Want to sit next to friends or family on the plane this summer? Be prepared to pay a little extra. Scan the code to read about U.S. Airlines reserving a growing number of window and aisle seats for passengers willing to pay a premium for the better seats.



Cooling off on the long weekend

Water pours down on Josh Sinclair, 28, of London, Monday afternoon at a spray-pad near the Forks of the Thames. City-operated spray pads opened Friday and were packed during the Victoria Day weekend. City pools are slated to open June 30 with season passes on sale now. Details are at london.ca/aquatics. ANGELA MULLINS/METRO

Highs and lows. Smog may clear by Tuesday

You may be able to breathe easier for the rest of the week, but there's still plenty of summer-like weather in the forecast.

A smog advisory that's been hovering over southwest Ontario for the past several days might be lifted Tuesday, according to Environment Canada. London's air quality was reported as "moderate" on Monday, largely because of high ozone levels.

Data posted on the Environment Ministry's website show the city's air hadn't been that thick since a heat wave moved through last July, pushing the mercury to nearly 40 C.

Monday's high topped out

Record-setting

32 C

Record high for London on Monday, May 21, set in 1941.

at 27 C. Temperatures will remain in the mid- to upper 20s through Friday with a chance of breaking 30 C over the weekend.

The normal high for May in London is 21 C, according to Environment Canada. The average high so far this month is 19 C.

Environment Canada has recorded 13 days at or above 20 C this month in the Forest City. ANGELA MULLINS/METRO

Retraction and apology to Conrad Black

In the May 7, 2012, edition of Metro and on metronews.ca, we published an article entitled, "Following the mogul script." That article incorrectly reported on the nature of Conrad Black's convictions. In fact, the only convictions upheld against Mr. Black were one count of obstruction of justice and one count of mail fraud.

Moreover, we retract any allegation that Mr. Black created "flimsy businesses based on fraud."

We apologize to Mr. Black for these misstatements.

Miracle. Man survives Niagara Falls plunge

Officials with the Niagara Falls Fire Department have confirmed a man went over the Canadian side of the Falls late Monday morning, without any barrel or protective device, and survived.

Police and fire crews arrived at the scene around 10:20 a.m. after witnesses reported seeing a man climb over the retaining wall and deliberately jump into the river waters.

The man, believed to be in his 40s, went over the Horse-shoe Falls and surfaced in the lower Niagara River basin adjacent the Journey Behind the Falls observation platform, Niagara Parks Commission Police said in a release.

Survivors

- The last person to go over the Falls and survive was a 30-year-old Canadian man in March 2009.
- In October 2003, a man from Michigan also survived.

The man was swimming around when rescue crews located him and brought him to safety at about 12:16 p.m. as a crowd of Victoria Day tourists watched in shock.

Police said the man sustained life-threatening injuries. THE CANADIAN PRESS



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Knight has some big skates to fill

Memorial Cup.

London's big defenceman Tinordi looks to follow father Mark to NHL career

Jarred Tinordi had no idea how lucky he was hanging around an NHL rink as a little kid while his father Mark played for the Washington Capitals.

But the towering London Knights defenceman has no doubt that having a dad who played 12 NHL seasons was a huge help in his own development as top prospect.

"I think it's an advantage for me personally because it's someone close, that I know on a personal level, helping me out, who's not a coach," Tinordi said. "He's a father and a player, so that helped me a lot growing up."

"I remember when I was a kid going to the practice rink in Washington and seeing all the guys, meeting all the players. We'd always be in the locker-room during practice. It was fun. You don't really know when you're that age what it means, but looking back on it, it was a pretty good experience."

Tinordi was seven when his father retired in 1999 after a 663-game career that started with the New York Rangers in 1987. Mark Tinordi played most of his career with the Minnesota North Stars and was captain when that club moved to Dallas. He joined the Capitals in 1994. The Red Deer, Alta., native also played in the 1991 Canada Cup.



Jarred Tinordi poses with the Canadiens jersey with team owner Geoff Molson, left, and scout Trevor Timmins after his selection in the first round of the NHL draft in June 2010. THE CANADIAN PRESS

Jarred Tinordi is one of seven players at the Memorial Cup with NHL fathers, including his London teammate Max Domi, whose father Tie Domi scored goals and pounded heads for three teams from 1989 to 2006, the last 11 years with the Toronto Maple Leafs.

The massive six-foot-seven, 218-pound Tinordi grew up near Washington, D.C., where his father ran a hockey program, and played at the world junior championship for the United States. However, he turned down a chance to play college hockey at Notre Dame to join the Knights.

In his first season in 2010-11, he had one goal and was minus-eight in 63 games, but he took a step forward this season with two goals and a plus-39 in 48 regular-season games. Then he had three goals in 19 playoff games.

"He's always been strong defensively and his offensive game has started to turn around," said Knights coach

Memorial Cup

	GP	W	L	GF	GA	P
SHAWINIGAN (HOST)	2	1	1	9	6	2
SAINT JOHN (QMJHL)	2	1	1	8	7	2
EDMONTON (WHL)	2	1	1	6	7	2
LONDON (OHL)	2	1	1	7	9	2

ROUND-ROBIN MONDAY'S RESULT

SAINT JOHN 5 EDMONTON 2

TUESDAY

LONDON VS. EDMONTON, 7 P.M.

WEDNESDAY

SHAWINIGAN VS. SAINT JOHN, 7 P.M.



"LONDON KNIGHTS FINED \$1000 AS A RESULT OF THE INCIDENT INVOLVING THE SHAWINIGAN PLAYER WHO TAUNTED THE KNIGHTS AND ENTERED THE

TEAM'S BENCH"

TWEET FROM TEAM GOVERNOR TREVOR WHITTEN (@TREVORWHITTEN) REGARDING INCIDENT DURING LONDON'S 6-2 LOSS ON SUNDAY.

Mark Hunter. "He got some goals and points in the play-offs."

"His leadership has always been there. I just think he needs some strength, and when he's 230 (pounds), the Montreal Canadiens will love him."

Tinordi is a surprisingly good skater for his size, but it remains to be seen if, like extra-sized NHL defencemen before him, he can become more like the two-way Zdeno Chara or the ultra-defensive Hal Gill, who he got to work with at the Canadiens training camp.

THE CANADIAN PRESS



Dale Hunter has some advice for Patrick Roy. Check it out at metronews.ca.



Maybe stick with polo

Prince Charles plays road hockey while touring the Hazen White-St Francis School in Saint John, N.B., on Monday. The royal couple later travelled to Toronto and took in the Victoria Day fireworks. They are on a four-day visit to Canada to mark the Queen's Diamond Jubilee.

PAUL CHIASSON/THE CANADIAN PRESS

Afghanistan. Harper eyes 2014 army withdrawal

Canada's military involvement in Afghanistan will come to a firm end in March 2014, the prime minister said Monday at the close of the NATO summit.

Though Canada will continue to financially support the Afghan army, there will be no boots on the ground once the NATO-led mission there comes to a close, Stephen Harper said.

"The time has come," Harper said.

"All the benchmarks, all the milestones are being met to make this possible."

Harper's announcement came as NATO and its partner nations formally agreed that Afghan security forces would take control of any combat next summer with NATO sliding into a support role until 2014.

They expressed confidence in the ability of Afghan security forces to take the lead a year earlier than originally planned. Canada will contribute \$110 million a year to the Afghan army from 2015 to 2018.

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Facebook stock sinks below IPO price on Day 2

Social network. CEO and founder Mark Zuckerberg updates his status to 'married'

Facebook's stock is tumbling well below its \$38 US IPO price in the social network's second day of trading as a public company on Monday.

By late afternoon, Facebook's stock was at \$34.26, down 10.4 per cent from Friday's closing price of \$38.23. The company lost nearly \$10 billion of its market value, and is now worth around \$96 billion, about \$2 billion below Amazon.com Inc.

"There must have been some sober second thoughts about this," said Brian Wieser, an analyst at Pivotal Research Group who was first to come out with a "Sell" rating on Face-



Facebook founder and CEO Mark Zuckerberg married Priscilla Chan in Palo Alto, Calif., Saturday.
THE ASSOCIATED PRESS

book's stock on Friday.

It's not that he thinks the world's largest online social network is a bad investment. But at \$38 per share, it's just too expensive considering the risks associated with Facebook's brief history and unproven ad-

vertising model, he says. His fair price, or "target price," is \$30.

Initial public offerings are a delicate game of supply and demand. The investment banks orchestrating the transaction, the deal's underwriters, work with the company to decide how much stock to sell and at what price.

In Facebook's case, says Michael Pachter, an analyst with Wedbush Securities, the "underwriters gave FB poor advice, and allowed them to sell too much stock, then didn't properly sell the deal."

Investors and technology industry watchers are closely tracking the Menlo Park, Calif.-based company's shares. Facebook's initial public stock offering was one of the most anticipated ever, and now serves as a bellwether for other social-media companies.

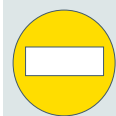
THE ASSOCIATED PRESS

Space rocket

Three, two ... wait

SpaceX is shooting for a Tuesday liftoff after fixing the engine problem that led to a launch abort over the weekend. **THE ASSOCIATED PRESS**

Market Minute



DOLLAR Closed

Natural gas: \$2.72 US (-1.8c)
Dow Jones: 12,504.48 (+135.10)

TSX
Closed

OIL
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AVAILABLE IMMEDIATELY: ONE DESPERATE COTTAGE GUEST



**SHE
SAYS...**
Jessica Napier
metronews.ca/shesays

With the Victoria Day long weekend behind us, the summer season has officially begun.

City dwellers delight in the mass exodus that takes place each sun-filled weekend as urbanites

pack up their coolers and head out of town. As a national pastime, cottaging (a uniquely Canadian verb) is on par with wearing plaid shirts and truly believing that this is the year that our team will bring home the Stanley Cup.

I was never one of those fortunate people whose parents invested in a piece of summer property — yes, I know #first-worldproblem. Consequently, I've had to make some strategic moves to expand my social circle so that I might have a chance to experience the great outdoors while still enjoying the luxuries of indoor plumbing.

A few years ago, I was unreasonably disappointed when my good friend broke up with her long-time boyfriend whose family owned 3,000 square-feet of lakefront paradise and not one, but two boats. Sure they were never meant to last, but couldn't she have waited until after Thanksgiving? He had a water trampoline for crying out loud.

Over time, as friends have moved on and moved away, I've found the number of annual cottage invites dwindling. And so, I'm going to take this opportunity to make a case for myself as the BEST cottage guest you never asked for.

First of all, I have already assembled what I imagine to be the ultimate summer 2012 music playlist. You won't have to go through the hassle of finding the perfect ratio of party anthems to mid-afternoon nap jams. But if you just want to listen to Call Me Maybe on repeat I'm also totally OK with that.

I have spent years acquiring Canadiana-inspired outfits to wear for all sorts of cabin-in-the-woods-themed weekends. My wardrobe is starting to look like a Hudson's Bay Co. catalogue.

I'll happily spend the afternoon running to and from the beer fridge to ensure that all cottage-goers are staying properly hydrated. And when the rain clouds roll in, I have you covered with a seriously large collection of board games. Twister, Scattergories, Taboo, Scrabble ... boredom is not an option when I come to visit.

Finally, I deserve a getaway. A family of skunks — yes, skunks — recently took up residence underneath the house I live in. And since I'm in a basement apartment, this essentially means I have Pepe Le Pew and friends living in the wall behind my couch.

So if you've got a deck chair to spare this summer, I could use a weekend escape.

Cottage, anyone?

Over time, as friends have moved on and moved away, I've found the number of annual cottage invites dwindling. And so, I'm going to take this opportunity to make a case for myself as the BEST cottage guest you never asked for.

Not quite a total eclipse



MICHAEL CHOW/ THE ARIZONA REPUBLIC/THE ASSOCIATED PRESS

Rare occurrence

When sun and moon align

Hikers watch an annular eclipse from Papago Park in Phoenix on Sunday.

The annular eclipse, in which the moon passes in front of the sun leaving only a golden ring around its edges, was visible to wide areas across China, Japan and elsewhere in the region before moving across the Pacific to be seen in parts of the western United States late Sunday afternoon.

THE ASSOCIATED PRESS

Astronomy 101

14,000

The eclipse followed a narrow 14,000-kilometre path for 3 1/2 hours. The ring phenomenon lasted about five minutes, depending on the location. People outside the narrow band for prime viewing saw a partial eclipse.

In Japan

Even lemurs react to marvellous sight

A Japanese zoo said the eclipse made lemurs believe it was evening.

Some 20 lemurs at the Japan Monkey Center in central Japan skipped breakfast, climbed up and jumped between trees and poles, a typical evening behaviour, according to the zoo. They returned to normal after the eclipse.

"They must be reacting to the eclipse," zoo director Akira Kato told public broadcaster NHK.

THE ASSOCIATED PRESS

Enjoy responsibly

- 'Ring of fire' eclipses are not as dramatic as a total eclipse, when the disc of the sun is entirely blocked by the moon. The moon is too far from Earth and appears too small in the sky to blot out the sun completely.
- Doctors and education officials have warned of eye injuries from improper viewing. Before the event started, Japan's education minister demonstrated how to use eclipse glasses in a televised news conference.

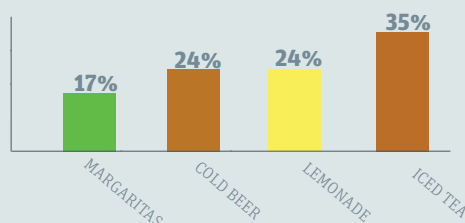


Use the buddy system if you have a cottage, please. ISTOCK



Register at metropolitanpanel.ca and take the quick poll

With the warm weather on its way, what's your favourite summer drink?



Twitter

@cherishmuse: Is it safe to put my snowshoes away?

@CollinJohnstone: "If there's anything I learned @west-ernu it's how to hit the reset button." -anonymous. (RT if you went to #UWO)

@Benny_Whitton: I want september, I hate Highschool, bring me to london #UWO

@JesseChapados18:

I sure hope I get accepted into #Fan-shawne when I graduate! Will be great to get out of this town for a few years. Everythings the same

@AGayMansDiary: St. Thomas Wal* Mart closed indefinitely due to fire related damages. Wait... St Thomas had a Wal* Mart?! #LDNont

@greenfather69: Wow. I didn't know the #cheeps was this entertaining with all the passerbys and cars. #LdnOnt has culture

DVD reviews



The Woman in Black

Director. James Watkins

Stars. Daniel Radcliffe, Janet McTeer

The Woman in Black is a haunted-house shocker set in the late 19th century in a remote Yorkshire village where the frights are foremost, and the acting of its star, Harry Potter's Daniel Radcliffe, is almost beside the point. You could hardly find a more scream-tested story. Based on Susan Hill's 1983 novel about a phantom woman killing children to avenge the loss of her son, the tale has also been told on stage, radio and in a TV movie. Radcliffe, playing London solicitor Arthur Kipps, must travel to Eel Marsh House, a dwelling so remote it is accessible by horse-drawn cart — and then only when the tide is out. Of course he must stay several nights at the eerie place, ignoring the ghost stories he's heard. Turns out he heard right: at Eel Marsh, Kipps doesn't just see dead people, he's practically stampeded by them, especially in the film's later reels, when The Woman in Black ends up a multi-generational horror show. Extras include a commentary with Watkins and Jane Goldman and two making-of featurettes.

PETER HOWELL



Josh Brolin plays a young Tommy Lee Jones in Men in Black 3. HANDOUT

Hey Brolin, what's a flux capacitor?

Pop quiz. Metro puts Men in Black 3 star Josh Brolin to the test, quizzing him on his knowledge of time travel — Hollywood style

NED
EHRBAR

Metro World News in Hollywood

Josh Brolin knew he was taking on a challenge when he signed on to play a younger version of Tommy Lee Jones in the time-travel-themed Men in Black 3. But how ready was he for the challenge of Metro's Time Travel Pop Quiz? Read on to find out.

First of all, how many gigawatts are required to

energize the flux capacitor? Um... 360,000?

Nope, 1.21.

I'm glad I got that so wrong (laughs).

While time-traveling, can you interact with your past or future self, or would that cause a catastrophic event?

It would cause a catastrophic event. But Boris the Animal does (in Men in Black 3). I just know that time travel as is understood by Hollywood and their storytelling has been if you in any way affect the past that you go into, that it always has a negative effect on the future. That's what I've been told, at least.

Speaking of, say you travel back in time and you arrive standing alone in front of a young Adolf Hitler. What do you do?

Befriend. That'd be the best way to get in there, and then you can detour him. Befriend and detour.

What kind of adventure did Bill and Ted have?

An excellent one. When I met Keanu Reeves, that was the first thing I said. I was like, "Bill and Ted, right on dude!" I did SNL recently and we did The Californians, and I think that was what I did, some version of guys I grew up with and Keanu Reeves in that movie.

In Terminator, is Arnold Schwarzenegger a cyborg, an alien or a wacky twin?

A cyborg, of course. But a different type of cyborg is Robert Patrick in number two, right? What's it called?

The T-1000.

The T-1000. Very good, man.

You know your stuff.

Which movie, in your opinion, gets time travel the most right?

God, man. Time Bandits by Terry Gilliam was probably my favorite time travel movie that I've seen, just because it was so fantastical, and Terry Gilliam is such a brilliant director. Like Brazil and Fear and Loathing, the lenses that he uses are so warped and all that. It's brilliant. I like that movie a lot.

I'll give you a chance to redeem yourself on the gigawatts question if you can tell me how fast the DeLorean in Back to the Future has to go to travel through time.

Oh God, I know this. Sixty-five?

Eighty-eight.

F—I wouldn't get very far.

2

SCENE

Box office

Avengers still has muscle

The Avengers continues to muscle out everything else Hollywood throws at it, easily sinking naval rival Battleship and other new releases. With \$55.1 million domestically, Disney's superhero sensation remained No. 1 for a third-straight weekend. Overseas, The Avengers added an additional \$56 million. The film is approaching the \$1.2 billion mark worldwide, totalling \$457.1 million domestically and \$723.3 million internationally. Universal's Battleship opened a distant No. 2 with \$25.4 million domestically, well below industry expectations. Sacha Baron Cohen's comedy The Dictator debuted in third-place with \$17.4 million for the weekend.

THE ASSOCIATED PRESS

On the web



Forrest Gump actor Gary Sinise holding Va concert to raise money for wounded vet's home



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Katy Perry ALL PHOTOS GETTY IMAGES

The one that got away: Katy Perry sings about marriage breakup

While Katy Perry's last big breakup hit, *Part of Me*, proved to have been written before her marriage to, and split from, Russell Brand, sources say her latest single, *Wide Awake*, is most certainly about her 14-month marriage to the British comedian, according to *People* magazine.

"I wish I knew then what I know now," Perry sings on the track. "Wouldn't dive in, wouldn't bow down."

Quoted

"I wish I knew then what I know now."

Katy Perry
Lyrics from her latest single, *Wide Awake*.

Seems pretty fitting.

"It's obviously about Russell," a source says. Perry hasn't commented on the inspiration for the track.



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Justin Bieber goes gaga for Selena Gomez's costar?

THE WORD
Monica Weymouth
scene@metronews.ca

"Thank you for the time I had with you but I have to move on now," Justin Bieber posted to his account. This comes after rumours that when visiting the set of girlfriend Selena Gomez's new movie, *Spring Breakers*, he fell for her nearly identical costar, Vanessa Hudgens (better known in this column as Zac Efron's unworthy ex).

For her part, Gomez

closed her Instagram account, then took to Facebook with a photo of herself at a shooting range with the ominous caption, "Released some stress today." Twitter, Instagram, Facebook: are you following this? Forget that these two are famous — it's nearly impossible for any teenager to get dumped with a little dignity these days. We never thought we'd say this, but long live the days of dial-up AOL in your parents' dining room.

Call in the Army

After Van Halen cancelled the remainder of their tour on Friday, tribute band Van Halen's Army offered to step in. "They have an obligation to fulfill ... somebody signs up to do the job they should complete it," a guitarist identified as Joe tells TMZ.



Robin Gibb

Bee Gees singer Robin Gibb passes away

Less than a week after the passing of Donna Summer, another titan of disco is gone. "The family of Robin Gibb, of the Bee Gees, announce with great sadness that Robin passed away today following his long battle with cancer and intestinal

surgery," a rep confirmed to *Us Weekly* in a statement. "The family have asked that their privacy is respected at this very difficult time." Gibb, who had been battling cancer for years, fell into a coma last month but recovered.



Tara Reid

Tara Reid parties it up in Cannes

Despite her efforts to present a cleaned up and mature image while promoting *American Reunion*, Tara Reid seems to be up to her old tricks. The troubled actress has been living it up in Cannes this weekend, where she was spotted looking worse for

the wear while hurrying from one night club to another in the wee hours, according to the *Daily Mail*. Reid remains unapologetic about her penchant for celebrating. "It's not like going out and getting drunk is a crime, lots of people do it," she tells the U.K.'s *Loaded* magazine.

Twitter



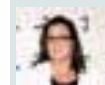
@SteveCarell

For breakfast, my son ate: a chocolate chip waffle, a scoop of peanut butter, and a meatball. #Fatheroftheyear



@AlbertBrooks

Was in the desert for two days with no computer, tv, or anything. Just nature. Nature looks fatter in person.



@rosie

Reading OK mag 4 the first time - kinda shocked at how many people I do not know



@SteveMartinToGo

IMPORTANT ANNOUNCEMENT: A thing that will be something soon, coming, I'm sure, in the future, at some point.

Post-travel yoga

Need a vacation after your vacation? Here's an easy yoga sequence to ease travel-related stress, doable in a hotel room, at home or anywhere.

ROMINA MCGUINNESS
Metro World News in London, U.K.

A long journey can leave you feeling disorientated, stiff and groggy. You feel so rubbish you wonder why you bothered leaving in the first place.

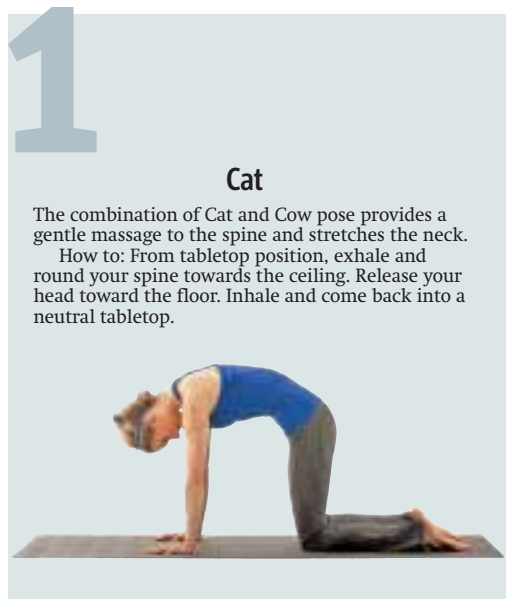
Stop whining and get moving. Yoga can be done anywhere, any time, so rather than suppress a yawn, do this simple sequence in your hotel room to boost your energy levels and restore core strength.

The poses will get your blood circulation going and help open up tight hips, backs, necks and shoulders, all of which get cramped when travelling, says yoga instructor Kristin McGee, who trains comedienne Tina Fey.

Quote

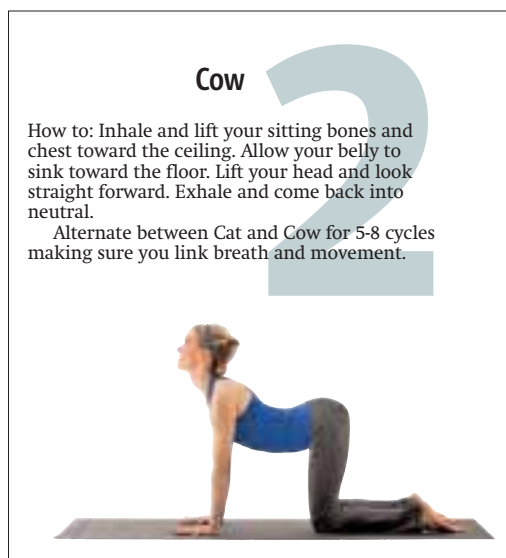
"Downward dog inversions will revive your brain and relieve you from back pain and insomnia."

McGee



1
Cat

The combination of Cat and Cow pose provides a gentle massage to the spine and stretches the neck.
How to: From tabletop position, exhale and round your spine towards the ceiling. Release your head toward the floor. Inhale and come back into a neutral tabletop.



2
Cow

How to: Inhale and lift your sitting bones and chest toward the ceiling. Allow your belly to sink toward the floor. Lift your head and look straight forward. Exhale and come back into neutral.

Alternate between Cat and Cow for 5-8 cycles making sure you link breath and movement.



3
Downward Facing Dog

If you're feeling sluggish, downward dog inversions will revive your brain and relieve you from back pain and insomnia.

How to: From Cow, tuck your toes under and press back into a Downward-Facing Dog. Hold for 1-3 minutes.



4
One-Legged King Pigeon

Stretches the thighs, chest and neck and opens up the shoulders. Perfect if you've been sitting down too long.

How to: From Downward-Facing Dog, slide your right knee forward and parallel to the front of the mat as you slide your left leg back. Recline forward if you can and stay for 8-10 breaths before switching sides.

Get your exergaming face on

Exercise craze. Giving your thumbs and your bum a workout—pilot study looks at the success of exergaming

CELIA MILNE
life@metronews.ca

There's exercise. And there's gaming. And now there's exergaming.

A Canadian pilot study has found blending video games with stationary biking is a great way to meet fitness goals.

"Yes, activity is good for us...but if we don't enjoy it, we simply won't stick with it. Exergaming is a great tool because it is highly enjoyable," says Dr. Melanie Keats (PhD), lead author of the study.

Keats, an assistant professor at Dalhousie University in Halifax, and colleagues divided a small group of university students into those

who used exercise bikes and followed a cycle training program, and those who used exercise bikes and played video games.

Both groups were asked to cycle for 30 minutes twice a week for six weeks.

Results showed the exergaming people were more likely to attend their exercise sessions, worked harder and improved their fitness levels more than those who used the cycle training program.

Many gyms now have exergaming cycles and rowing

machines. Some of these systems connect to online resources and social media such as Facebook and Twitter so that you can track your progress, set up virtual groups and compete against your friends and other participants locally, nationally and around the world.

Keats' advice to those who want to exercise more but lack motivation? "Find something that you enjoy. Try new things, keep mixing things up, and involve your friends and family!"



Melanie Keats with the exergaming bikes. CONTRIBUTED

3

LIFE

Heart issues

Men are more immune to mental stress

Women are more likely to suffer heart trouble following an emotional episode than men, claim scientists from the Penn State College of Medicine. They found that while mental stress increased coronary blood flow in men, it caused no change in women, potentially putting women at a greater risk of developing heart problems. METRO WORLD NEWS

Bad trip

Want to rant or rave about your travel experiences, whether it's sloppy in-flight food or smelly toilets? Go to airlikes.com to share your experiences about the airlines and airports you've loved or hated. METRO WORLD NEWS

On the web



In France, autistic kids get psychotherapy; critics slam approach as outdated, unscientific

Hot Bites. Spicy salsa, rice and cheese nibbles have flavour of nachos



1. In a large bowl, combine rice and cheese; set aside.

2. In another bowl, beat eggs until well blended. Stir in salsa, sour cream, salt and pepper. Add salsa mixture to rice and cheese; mix well.

3. Spray miniature muffin pans with vegetable cooking spray. Spoon about 22 ml (1 1/2 tbsp) of rice mixture into each cup, filling to just below the rim. Sprinkle crushed chips over filling, pressing slightly with back of spoon.

4. Bake in 180 C (350 F) oven for 15 to 20 minutes or until lightly browned. Serve warm with additional salsa and sour cream, if using. **THE CANADIAN**

PRESS/ RICEINFO.COM/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 750 ml (3 cups) cooked brown rice
- 250 ml (1 cup) shredded pepper jack cheese
- 4 eggs
- 1 jar (500 ml/16 oz) medium thick and chunky salsa
- 125 ml (1/2 cup) sour cream
- 2 ml (1/2 tsp) salt, pepper
- 175 ml (3/4 cup) crushed corn tortilla chips
- Additional salsa and sour cream, for garnish

Homemade delicacies make this place Soo Dam good



Dumpling Soup (\$8.95). PAUL MITCHELL



Many Asian restaurants combine several distinct cuisines when they are more preferable as a specialty. I was,

therefore, excited to see Soo Dam focusing on just traditional Korean dishes.

The minimally decorated location is spotlessly clean and delightful as an obviously family-run business. It serves a menu of individual and family-style portions of stir-fries and stews at reasonable

prices.

Along with complimentary pickled vegetables and rice, my guest and I begin with Japchae (\$12.95), a filling order of gooey sweet, starchy glass noodles that are fun to eat. My Dumpling Soup (\$8.95) arrives steaming hot, taking seemingly forever

to cool down. It is filled with tasty meat-filled doughy mandu, rich egg, and chewy rice cake slices. I am impressed with the huge chunks of beef in the Short Rib Stewed Soup (\$8.95).

With homemade food and generous portions, I suggest this new restaurant is Soo Dam worth checking out.

Visiting the restaurant

Soo Dam Korean Kitchen

Address. 79 Wharncliffe Rd. S.

Phone. 519-204-7011

Rating. 3.5/5

Price range. \$6.95 - \$14.95

Reservations. No

Business Lunch. No

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Simplicity of Southern faves

These Shrimp and Grits with Spinach and Tomatoes are inspired by a recipe from Nathalie Dupree, cookbook author and Southern entertainer extraordinaire.

1. In 4-quart Dutch oven over medium-high, combine water and butter. Bring to a boil, then add grits, stirring as you do so.

2. Return to boil, then reduce heat to low to maintain a simmer. Cook, alternating with lid on and off, 40 minutes, or until soft but not mushy. If they get too stiff, add milk or water.

Should be loose and creamy.

3. Stir in the Boursin and cheddar cheeses, and the salt and pepper. Add the shrimp, stir and let simmer until cooked through, about 4 minutes.

4. Just before serving, stir in spinach and let wilt 2 minutes. Garnish with the tomatoes and a generous amount of grated Parmesan. **THE ASSOCIATED PRESS/ ELIZABETH KARMEI (GRILLING AND SOUTHERN FOODS EXPERT AND EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS AND HILL COUNTRY CHICKEN IN U.S.)**



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 3 cups water
- 2 tbsp unsalted butter
- 1 cup corn grits
- Half of a 5.2-ounce wheel of Boursin cheese
- 1/2 cup grated sharp cheddar cheese
- 1/2 to 1 tsp kosher salt
- 1/2 tsp ground black pepper
- 1 lb raw shrimp, peeled and deveined
- 3 cups baby spinach
- 1/2 cup grape tomatoes, halved
- Parmesan cheese

Fancy snack. Bocconcini-Tomato Nibbles



1. Strip all but the top few leaves from rosemary sprigs to make skewers, reserving leaves; wrap skewers in plastic wrap and refrigerate.

2. Pierce potatoes all over with a fork. In saucepan, cover potatoes with cold water. Bring to boil over high heat and season water with salt. Reduce heat and boil gently for about 15 min or until potatoes are tender. Drain and let cool slightly.

3. Finely chop enough rosemary leaves to make 3/4 tsp (3 mL), reserving remaining leaves for another use. In a bowl, whisk chopped rosemary, vinegar, mustard and sugar. Gradually whisk in olive oil. Season to taste with salt and pepper. Transfer 2 tbsp (25 mL) of marinade to another bowl and add Bocconcini. Cut each potato in half and add to remaining marinade in bowl; toss gently to coat. Cover both bowls and refrigerate until potatoes are cool and flavourful, at least 4 hours.

4. Thread 1 potato half, 1 tomato and 1 Canadian Bocconcini onto each rosemary skewer and place on a serving platter. Drizzle with the marinade and sprinkle with basil, salt and pepper. (Platter can be wrapped and refrigerate for up to 2 hours. Let stand at room temperature for 15 minutes before serving.)

DAIRYGOODNESS.CA

Ingredients

- 16 fresh rosemary sprigs
- 8 baby white potatoes
- Sea salt
- 3 tbsp (45 mL) red wine vinegar
- 1-1/2 tsp (7 mL) Dijon mustard
- Pinch granulated sugar
- 1/4 cup (50 mL) olive oil
- Freshly ground black pepper
- 16 mini Canadian Bocconcini cheese
- 16 grape or cherry tomatoes
- 2 tbsp (30 mL) shredded fresh basil

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GIVING HOPE TO THOSE IN NEED

SALVATION ARMY HAS FORGED A BOND OF TRUST WITH CANADIANS

One-hundred-and-thirty years ago this month, in May 1882, two British Salvationists, Joe Ludgate and Jack Addie, happened to meet during a service at the Wellington Street Methodist Church (now known as Wesley-Knox United), where they decided it was time for The Salvation Army to “invade” London.

The first meeting of The Salvation Army in Canada was held later that week at the Westminster Skating Rink. Their peculiar ways and strange wear attracted many rowdies and curiosity seekers.



William Booth

Official Salvation Army operations began in July of that year when Maj. Thomas Moore arrived from the U.S. headquarters to take charge. By then, there were 11 “corps” or church congregations in Ontario, and a year later Canada was declared an independent “territory,” responsible for its own governance within the worldwide organization.

From the beginning, the Army’s goal was simple — to provide spiritual and practical support to society’s most vulnerable.

The Army in Canada adopted founder William Booth’s philosophy that there is little point preaching “salvation” to hungry people. And so the concept of “soup, soap and salvation” took hold, later to be developed into the comprehensive social service pro-



THE SALVATION ARMY PHOTO

grams The Salvation Army operates today, many of them in partnership with government.

When the Army came to Canada, there was much opposition to its methods from civic politicians and other entrenched interests in the early days, and Salvationists were often beaten and jailed for their activities in the streets of Canada’s cities and towns. Despite this, there was eventual acceptance of the movement as it demonstrated the social benefits that accrued from its activities. The men’s social work began in 1890 with a prison gate home in Toronto. The same year, a children’s shelter was opened.

In 1901, The Salvation Army recommended to the federal government that a prisoner probation system be adopted, leading to Canada’s first parole program. In

1908, salvage work (now called recycling) began in Toronto, leading to the well-known Thrift Stores.

The Salvation Army’s status in Canada was entrenched in law in 1909 when Parliament passed an act giving the organization legal standing, its governance to be conducted by The Governing Council of The Salvation Army in Canada, a situation that continues to this day.

In 1914, the Army shared in the national tragedy of the sinking of The Empress of Ireland in the St. Lawrence. On board were more than 120 Salvationists, bound for an international congress in London.

Canada’s involvement in the First World War (1914-18) saw the appointment of the first Salvation officer as a chaplain in the Canadian Armed Forces, and the donation of five motor

ambulances to forces serving overseas. At the end of the war, military hostels were opened in Winnipeg, London, Kingston, Toronto, and other cities, for returning soldiers.

All of this demonstrates the unique ability of The Salvation Army to respond to urgent needs — the Halifax explosion and Winnipeg flood being examples. It also reflects the ingenuity, efficient use of resources and a genius for improvisation, which the organization’s quasi-military structure fostered.

It showed government that, in most things, the Army could get the job done with greater efficiency and at less cost than almost any other agency, and at the same time it forged a bond of trust between the people of Canada and the “Sally Ann,” a trust that continues to this day.

**The City of London Emergency Management Program
congratulates The Salvation Army for 130 years of service
to London and surrounding community.**



www.london.ca/emergency

SOCIAL SERVICE TRAILBLAZERS

THE SALVATION ARMY MAKES A DIFFERENCE

Throughout its history, The Salvation Army has been a leader in the innovation of social services. London Salvation Army locations provide some of the following services:

LONDON CENTRE OF HOPE (281 WELLINGTON ST.)

Men's and women's shelter services, a substance abuse withdrawal management program, community services, and the Christmas Hamper program.

LONDON VILLAGE (1340 DUNDAS ST. E.)

The adult day program, which provides an opportunity for individuals diagnosed with Alzheimer's disease or a related form of dementia to benefit from participating in a variety of social, recreational and physical activities.

BETHESDA CENTRE

Residential program for young mothers and their babies. Teaches life skills, parenting skills, provides child care support and allows young moms to finish their high school credits.

CORRECTIONAL AND JUSTICE SERVICES, LONDON AND ELGIN-MIDDLESEX

Adult programming and services offered for clients affected by the justice system who require care, practical support, outreach and other types of assistance to re-establish their lives productively and enable positive reintegration into the community following incarceration.

EMERGENCY DISASTER SERVICES

The Salvation Army's Emergency Disaster Services (EDS) has grown into an international network involving thousands of trained staff and volunteers.

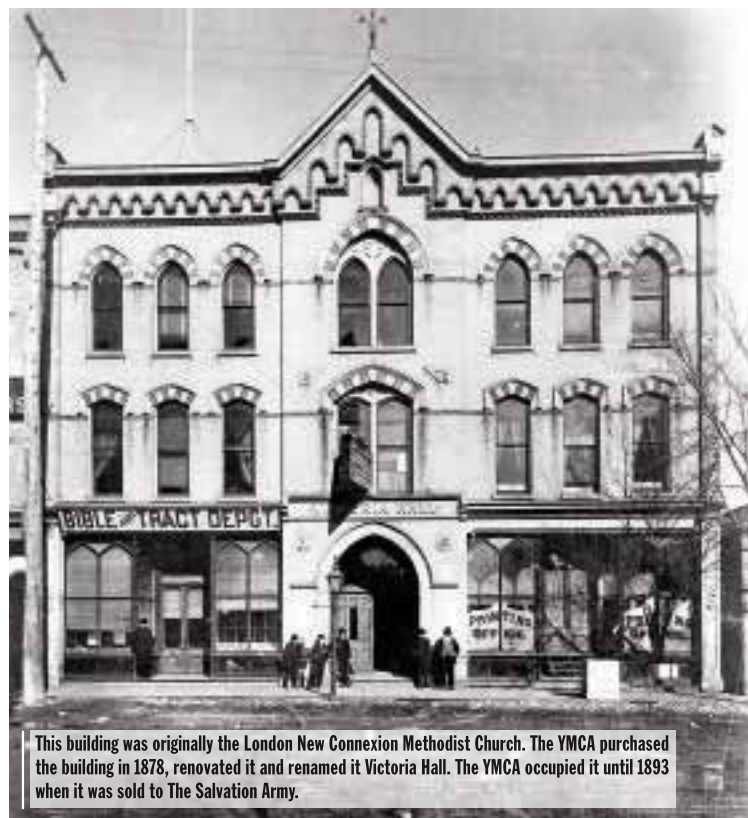
COMMUNITY FOOD PROGRAMS

Hillcrest (310 Vesta Rd.) — Includes a "Welcome Wednesday" community feeding program.

Westminster Park (1190 Southdale Rd. E.) — Offers a weekly luncheon on Wednesdays.

London Citadel (555 Springbank Dr.)

— Operation Mobilizing Hope, a ministry on the street that provides meals every Thursday night for the needy and marginalized of our community.



This building was originally the London New Connexion Methodist Church. The YMCA purchased the building in 1878, renovated it and renamed it Victoria Hall. The YMCA occupied it until 1893 when it was sold to The Salvation Army.

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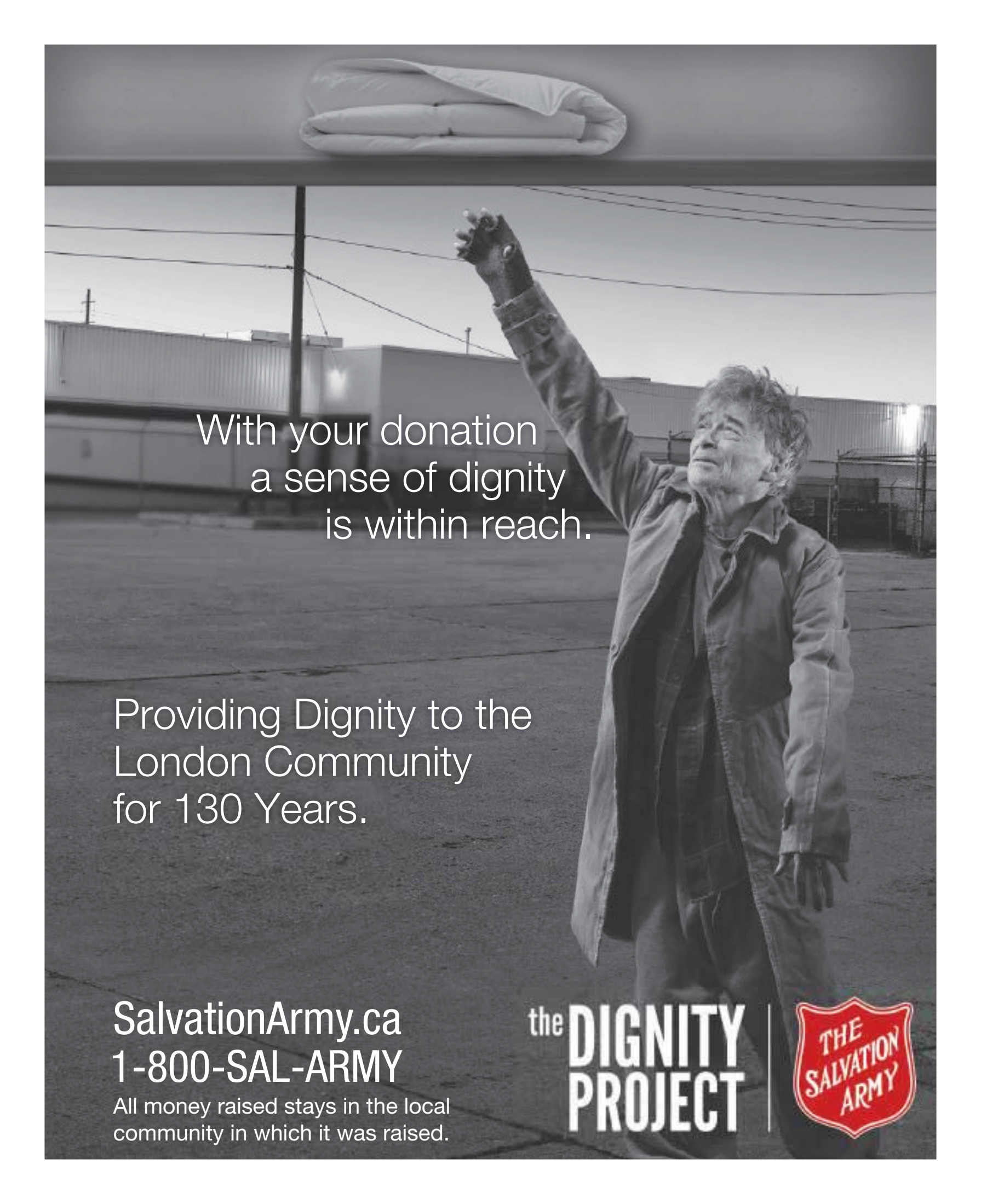


Tony Marsman is seen with Rembrandt Homes V.P. John Westgate (above) with their plaque in recognition of their support of the 2011 Kettle Campaign.

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Judge Joseph Wearing, left, and Salvation Army Commissioner Benjamin Orames unveil a monument in 1942 on Market Square behind the Royal Bank Building commemorating where the first Canadian meeting of The Salvation Army was held in 1882.

IVEY FAMILY LONDON ROOM, LONDON PUBLIC LIBRARY, LONDON, ONT.

A LEADER AMONG LEADERS

The Canadian Salvation Army has produced many outstanding leaders, not only for the domestic scene but also for

the international movement.

In 1975, Clarence Wiseman was elected General (international leader) of The

Salvation Army, to be succeeded in 1977 by Arnold Brown. Bramwell Tillsley became General in 1993, but had to retire

the following year due to ill health.

Canadian Linda Bond currently holds the position of General and was elected the 19th General of The Salvation Army in January 2011.

The Salvation Army is now the largest non-governmental direct provider of social services in the country. It strives to give hope and support to vulnerable people today and every day in 400 communities across Canada and more than 120 countries around the world. The Salvation Army offers practical assistance for children and families, often tending to the basic necessities of life, provides shelter for homeless people and rehabilitation for people who have lost control of their lives to an addiction.

Today in Canada, The Salvation Army has 877 active officers (clergy), more than 18,000 soldiers (church members) and close to 44,000 adherents; that is, people who claim the Army as their church home, but who are not formal members. There are 311 corps (churches) and more than 330 social service institutions of various kinds.

As well as the many thousands of volunteers, more than 10,000 people are employed by The Salvation Army in Canada and Bermuda. Fifty-five Canadian officers and lay staff also serve overseas in countries from Papua New Guinea to South Africa.



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Not your average dating advice

Candid. Tracy McMillan tells it like it is

HEIDI
PATALANO
Metro New York

Hey ladies, want to know why you can't seem to find a long-term relationship? Tracy McMillan has some choice words for you. She says it's either because you're a b—, a slut, a mess, a liar, selfish, not good enough, crazy, shallow or godless.

But before you get up in arms over these accusations, know that what she means isn't as harsh as those pronouncements sound. For example, by saying "you're not good enough," McMillan explains that it's a woman's negative attitude about herself that allows her to accept poor treatment from men.

She adds that, "A lot of people go looking for in a partner something that they don't

Buy the book

- **Why You're Not Married ... Yet** will be released on May 29.

even realize that they believe is missing in themselves."

But the extreme nature of the bullet points of McMillan's message did make her original Huffington Post essay, *Why You're Not Married*, set a record number of page views for the site since it was posted in February 2011.

McMillan's straight talk about how women can sabotage their own relationships is the kind of sage wisdom most dating books avoid.

"Finding someone that you are going to love one day at a time for the rest of your life isn't something you can hunt down and kill," McMillan says.

"You need to operate in the part that's kind of beyond what you can control. What that means to me is that he

may not look like what he's supposed to look like or have the job you think he's supposed to have. What you need could be very different from what you think you want, and I feel like a lot of dating advice books don't speak to that."

McMillan explains that love is work — "the ultimate yoga" — and that it's about examining our own behaviours before blaming the dating market.

"It's not easy to love another person because we're all really flawed, but I think if you can learn how to love yourself with your own flaws and work at making yourself better, you can also love another person and create a space for them to make themselves better," she says.

Where does McMillan get all this great advice from? Being married three times.

She freely admits that she's made every mistake in the book, but all that experience has sharpened her sensibilities when it comes to dating.

Author Tracy McMillan HANDOUT

Wedding etiquette

Tips for small talk



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hello Charles the Butler! When I go to my friends'

weddings, like everyone else I have to sit at a table of about 10 people, but I often don't know most of them. Am I honestly expected to talk to these strangers at my table?

It would be very rude to arrive at a dinner table, sit down, and not speak to anyone except the person

beside you!

Yes, you need to socially make an effort and try to introduce yourself to all of the others at the table and you need to make polite conversation with them.

Now often people have trouble making "small talk" as they do not know what to say, so here is a trick I teach people.

Read the newspaper the morning of your event. By reading the paper, this allows you to know what is going on around the world and have topics of conversations with people as this gives you many, many things to talk about. If you can't get a paper, listen to the news on the radio or go online.

Go-getter sends email survey to woman after dates

We all remember ye olde tale of the online dater who organized his potential matches using a spreadsheet rankings of the women on a scale of one to 10.

Now, brace yourself for the latest star of the awkward dating techniques show.

Meet Mike, a 24-year-old finance worker based in Philadelphia, who is just looking for a little feedback. Unfortunately for him, his former dating partner seized the opportunity to humiliate him after she was sent a survey about her interaction with Mike once they agreed to stop seeing each other.

The young woman met Mike on OKCupid and told Deadspin that he is "six feet, overall moderately attractive." However, after a few dates, she



This guy needs to know when to call it quits. ISTOCK

realized it just wasn't "there." "He struck me as a little socially inept hence why I was starting to doubt the 'non-physical' attraction," she told Deadspin.

"He wasn't too creepy, just the type of guy who over ana-

lyzes every detail and feels completely awkward in the majority of social situations. It didn't seem like he got out much."

And that's when Mike sent the survey ... in an email ... with a subject line including a Romeo & Juliet passage.

"Good Night, Good night! Parting is such sweet sorrow, that I shall say good night till it be tomorrow," if you must know.

So what is it that Mike wants to know? Basically, all of the questions everyone wonders after a date, but never ever asks because it would be super weird and socially inappropriate to do so. For example, "Mike is very masculine. At any point; did you feel he was compensating for anything?"

Here's another perfectly reasonable question: "Are you a feminist?" — your answer is for informational purposes only."

Also, in case she wanted to leave Mike any final thoughts, he included an area where she could "feel free to use the space below to draw Mike a picture."

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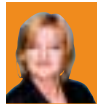
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What to do when someone 'shows you the money'

Financial windfall. It's not a dilemma we often have but sometimes a pile of cash comes your way. So what should you do with it?



YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

"A divorce," once noted Margaret Atwood, "is like an amputation: you survive it, but there's less of you." This usually means financially too.

But a friend of a colleague here at Metro, is exiting her marriage with a slightly fatter wallet, \$20,000 to be exact. And now she's wonder-

ing what to do with it.

Confession. After my own divorce eons ago I bought a red telephone and a sexy green Karmann Ghia. However, with the wisdom of time at my disposal, I'd suggest something different.

First of all, take a breath; park the \$20,000 in a short term GIC or high interest savings account for at least a couple of months until the emotional dust settles a bit.

Second, after a windfall of any kind, ask the question, "Who are you?" Spending, saving and investing is entirely dependent on your personality and situation.

A young, safely employed, debt-less divorcee with no kids could justify a fab trip, a killer new wardrobe or cool wheels.

Alison's money rule

Financial windfalls are rare. Treasure them and be slow to make spending decisions.

On the other hand, debt, dependents and dreams might steer you in a different path. Let's say you have sizeable RRSP (registered retirement savings plan) contribution room. Deploying most of the funds to retirement savings might yield a nice refund next year, which could then be used to pay down debt.

If kids are in the picture dividing the money up between an RRSP and an RESP (registered education savings plan) would provide a smaller tax refund but the



Occasionally 'what happens in Vegas' actually follows you home. ISTOCK IMAGES

RESP deposit will attract a 20 per cent government grant.

Now to dreams! I always advise those receiving a windfall to do a little dreaming about the future. It could be more education, a home or even a business.

A few years back one reader took a chunk of her divorce settlement and bought a commercial grade sewing machine, cutting

table and fitting dummy. She now has a internet business custom sewing for hard-to-fit folk.

If you have kids you might want to indulge their dreams also. But take care with this because spending to assuage the pain of divorce is a temporary bandage at best.

Next week, I'll offer a few ideas for investing the windfall.

Statistic

4/10

Four in 10 Canadian marriages end in divorce

ALISON GRIFFITHS IS THE AUTHOR OF **COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY**. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

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Tennis

Nadal claims one more title on clay

Rafael Nadal showed Novak Djokovic he's still the man to beat on clay, defeating the top-ranked Serb 7-5, 6-3 Monday in a rain-delayed final to win his record sixth Italian Open title.

After losing to Djokovic in seven straight finals, Nadal has now won two in a row against the Serb after also taking the Monte Carlo Masters title on clay.

"I don't think I played that well, I can do better," Nadal said. "When you are not serving 100 per cent perfect then you are in trouble, because he returns hard. I am trying to play more aggressive."

With the French Open starting Sunday, both players said they have room to improve. **THE ASSOCIATED PRESS**



Rafael Nadal, left, and Novak Djokovic on Monday in Rome.

GETTY IMAGES

MLB

Jays' Arcencibia rewarded for stellar week

Toronto Blue Jays catcher J.P. Arcencibia was named the American League player of the week on Monday.

Arcencibia had four home runs, 10 RBIs and seven runs scored in six games last week. He batted .360 and went 9-for-25 during that span.

It's the 26-year-old's first weekly MLB honour and marks the first time a Blue Jays catcher has won the award.

Before last night's game in Tampa Bay, Arcencibia was batting .256 on the season with seven home runs, seven doubles and 26 RBIs.

He ranks second among AL catchers in RBIs and slugging percentage (.504). **THE CANADIAN PRESS**



Kings centre Mike Richards shoots on Coyotes goalie Mike Smith on Sunday in Los Angeles. MARK J. TERRILL/THE ASSOCIATED PRESS

Kings redefining power in the playoffs

NHL. L.A. on cusp of cup-final berth despite lacklustre results with man advantage

The Los Angeles Kings could go on to prove the power play is overrated in the NHL playoffs.

The Kings have but six goals in 70 power-play chances — more chances than any of the remaining teams. They're clicking along at 8.6 per cent, even lower than the power-play-bereft Boston Bruins last year.

And the Kings are nonetheless a win away from a berth in the Stanley Cup final.

"The Boston Bruins won the cup," said Kings coach Darryl Sutter.

The Bruins won last year with a power play that clicked at 11.4 per cent effi-

ciency. That was 14th among the 16 teams that made the post-season, and last among the eight that advanced to the second round.

The Kings' extra-man unit is rated 15th among the 16 teams that made the playoffs and dead last among teams that made it out of the first round. They scored on 17 per cent of their man-advantage situations in the regular season.

The Coyotes — the Kings' Western Conference final opponent — aren't much better,

Phantom power

In recent years, having the NHL's best power play has not guaranteed a cup.

- In 2010, Chicago (22.5 per cent) won with the third-best power play of teams that

at 13.6 per cent, 11th among post-season teams.

"There's not many power plays in the playoffs," said Sutter. "It basically boils down to your top guys. Sometimes you do and sometimes you don't."

That said, the Kings don't want to take any chances. After another 0-for-the-power-play in Sunday's 2-0 loss, Kings captain Dustin Brown skated out early to Monday's optional practice to work on deflecting the puck.

"I've been having a lot of

made it past the second round.

- In 2009, Pittsburgh (20.6 per cent) had the sixth-best of the eight teams that made it past the second round.

tip opportunities and I've been missing them," said Brown. "You only get one or two opportunities in the game to tip a puck and I just wanted to work on it a little bit."

The Kings need one more win to get to the final, something they might secure with a Game 5 win Tuesday night in Glendale, Ariz.

Brown said the Kings, who hold a 3-1 lead in the series, could make things a lot easier on themselves if they could score on the power play.

"I think so, especially considering we've been playing a really disciplined game all playoffs," said Brown. "Our power play struggled, but it found us a big couple of goals in Game 2.... We've got to find a way to get a goal. We're getting a lot of opportunities on the power play. It's up to the players out there to figure it out." **TORSTAR NEWS SERVICE**

4

SPORTS

Cycling

"Sure there's hard moments and you're suffering and you'd rather be other places, but the rewards you get back from persevering, that's what keeps you here and I wouldn't trade anything for it."

Canada's Ryder Hesjedal on Monday. It doesn't get much bigger than this for Hesjedal. Standing second overall, the 31-year-old from Victoria has five stages and 925 kilometres to go before the storied race finishes Sunday in Milan. Hesjedal, the designated leader of the Garmin-Barracuda team, is 30 seconds back of Spain's Joaquin Rodriguez.

On the web

Devils swap Sykora out for Game 4

The New Jersey Devils replaced Petr Sykora with centre Jacob Josefson in its lineup for Monday night's Game 4 against the New York Rangers with hopes of igniting a suddenly stagnant offense. Go to metronews.ca/sports for coverage of Game 4.

On the web



Peyton Manning suited up for his first full practice with the Broncos on Monday and according to Denver cornerback Champ Bailey, the four-time MVP "hasn't missed a beat" after being sidelined for over 16 months with a neck injury. Scan the code for the story.

MLB. McNamee finishes up testimony

Brian McNamee finally got to name names in front of the jury. Andy Pettitte. Chuck Knoblauch. Mike Stanton.

The U.S. government's case got a boost as it hit the home-stretch Monday in the sixth week of the perjury trial that will determine whether Roger Clemens lied to Congress in 2008 when he denied using performance-enhancing drugs.

Before Monday, Clemens' accuser McNamee had not been allowed to say that he provided former Clemens teammates Pettitte and Knoblauch with human growth hormone, or that he helped ex-Clemens teammate Mike Stanton obtain HGH from a drug dealer. The judge had ruled that such information could prejudice the jury against Clemens.

But Clemens' lawyer Rusty Hardin's grueling cross-examination tipped the balance in the other direction, prosecutors argued. Lawyers indicated to the judge that the government might wrap up its case this week even though Tuesday will be a day off due to a conflict with U.S. District Judge Reggie Walton's schedule.

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ANNOUNCEMENTS

68th Anniversary of D-Day Landing!

The First Hussars Association will be holding an **open house & reunion** from **June 1st-3rd**. We welcome all former Hussars, their families & the public to this event. Open house from 11:00am-5:00pm Saturday June 2nd at Wolseley Barracks, 701 Oxford St, East. The D-Day Parade, in Victoria Park, on June 3rd at 11am. Contact us through Facebook "1st Hussars Reunion" or call Jonathan Kisslinger at 519-686-9409 for more info.

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Crossword

Across

- 1 Record
- 5 Dieter's target
- 9 Satchel
- 12 Ontario neighbor
- 13 Staffer
- 14 Altar affirmative
- 15 Big rat
- 17 Hair-care product
- 18 Congregational cry
- 19 Stormed
- 21 Puny one
- 24 "David Copperfield" girl
- 25 Congers
- 26 Fleet of ships
- 30 Ms. MacGraw
- 31 Nut-bearing hardwood tree
- 32 Chic no longer
- 33 Washington volcano
- 35 Horseback game
- 36 Caspian Sea feeder
- 37 Arise
- 38 Actress Black
- 40 Aspiration
- 42 Past
- 43 Unpredictable venture
- 48 Writer Buscaglia
- 49 Enormous
- 50 Initial stake
- 51 NYC winter hrs.
- 52 "Zounds!"
- 53 Apportion

Down

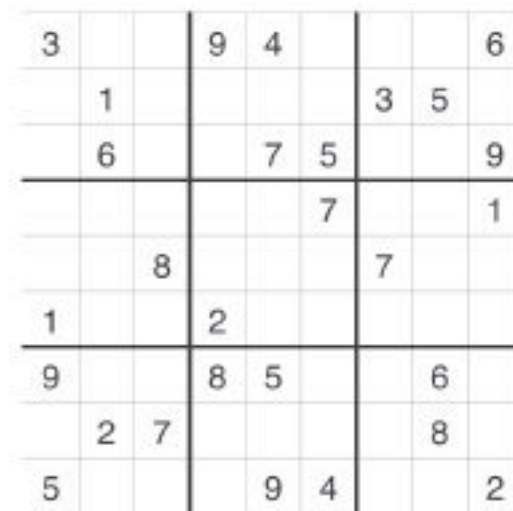
- 1 Society newbie
- 2 401(k) alternative
- 3 Sermon subject
- 4 Lebanon trees
- 5 Confront
- 6 Yellow Brick Road follower
- 7 Big bother
- 8 Promise to wed
- 9 Oaf
- 10 "Zip- — -Doo-Dah"
- 11 Prospector's dream
- 16 Mischievous tyke
- 20 "Exodus" figure
- 21 Pekoe et al.
- 22 Lump raised by a blow
- 23 Secretary of war, 1899-1904
- 24 Medical types
- 26 Sense
- 27 Author Deighton
- 28 Humdinger
- 29 On
- 31 A Streetcar Named Desire role
- 34 Before
- 35 The Taking of — One Two Three
- 37 Petrol
- 38 Hardy cabbage
- 39 Quite some time



- 40 Enthusiastic
- 41 Newspaper page
- 44 Bad hairpiece

- 45 A Chorus Line song
- 46 Mel of Cooperstown
- 47 Driving site

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	2	8	7	5	3	3	1	4
5	9	1	2	4	3	8	7	6
3	4	7	1	8	6	5	9	2
4	6	3	6	2	7	9	5	1
8	7	2	5	9	1	4	3	
9	1	5	3	6	4	7	2	8
7	3	9	6	1	2	4	8	5
2	8	6	4	7	5	1	3	9
1	5	4	9	3	8	2	6	7

Friday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

JUPL ARV ZQPPM KRLZJQGMPO
XQEPL PLMUVKGXKMGBXEEA.
RLP BRVEF KVVWRKP MUXM
ARV UPQXEF UXQREF.
Yesterday's Cryptoquip: IF A CHURCH PASTOR
IS VERY FRIENDLY AND GREGARIOUS, I'D HAVE
TO SAY HE'S A PEOPLE PARSON.
Today's Cryptoquip Clue: A equals Y



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

♈ Aries | March 21 - April 20.

Keep your wits about you today, because the planets indicate there is money to be made.

♉ Taurus | April 21 - May 21.

As from today there should be no further doubts about what it is you desire and what it is you intend to do with your life.

♊ Gemini | May 22 - June 20.

Some thoughts can be shared and some thoughts are best kept to yourself.

♋ Cancer | June 21 - July 22.

There is a lot you can do on your own but there is absolutely nothing you cannot do with like-minded friends by your side.

♌ Leo | July 23 - Aug. 22.

If ever there was the perfect time to impress employers and other important people that time is now. Be brilliant.

♍ Virgo | Aug. 23 - Sept. 22.

You may have an overwhelming urge to get away from your everyday environment but because you have duties to perform that might not be possible today.

♎ Libra | Sept. 23 - Oct. 22.

The Sun in Gemini at this time of year encourages you to think in new ways.

♏ Scorpio | Oct. 23 - Nov. 21.

Don't try to analyze why you feel so good today because the more you chase after the feeling the more it will slip away from you.

♐ Sagittarius | Nov. 22 - Dec. 21.

Success is yours if you have the right attitude. And what is that? That you are a blessing on the world.

♑ Capricorn | Dec. 22 - Jan. 20.

Even the most tongue-tied of Capricorns will express themselves beautifully today.

♒ Aquarius | Jan. 21 - Feb. 18.

Take life as it comes and don't worry about tomorrow or the day after that.

♓ Pisces | Feb. 19 - March 20.

Go out of your way to get along with people today, even people you might prefer to avoid. Everyone you meet has something to teach you.

SALLY BROMPTON



Caption Contest

"I'm b-b-bad to the....where's my bone?"

Lily

SAKCHAI LALIT/THE ASSOCIATED PRESS

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